

*"One Team, Supporting Military Missions and Family Readiness!"*

Nov. 6, 7 a.m.-1 p.m.

## LUNCHEON KICKS OFF 'CELEBRATE AMERICA'S MILITARY' ACTIVITIES



Photo by Esther Garcia

David Robinson (center), a former NBA basketball star with the San Antonio Spurs, meets Sgt. Evan Dow (right) and Spc. Kevin Ryland, Training Support Company, 32nd Medical Brigade, during the Celebrate America's Military kick-off luncheon at the Exposition Hall on the grounds of the Freeman Coliseum Nov. 1. TSC displayed the Mine Resistant Ambush Protected or MRAP ambulance in the military exhibit area. The Soldiers used the MRAP to showcase Army medical evacuation capabilities used in Iraq and Afghanistan. **See page 17 for a schedule of CAM activities.**

## Active Shooter Exercise Notification

The 502nd Air Base Wing will conduct an Active Shooter Exercise Nov. 17 from 8 a.m. to noon in and around Building 3663, located north of Brooke Army Medical Center, off Rawley E. Chambers Avenue on Fort Sam Houston.

The purpose of this exercise is to conduct realistic law enforcement training in response to a simulated active shooter incident, improving staff coordination, validating post incident management planning and emergency response management operations.

During the exercise, there will be additional police, security and fire personnel around BAMC. People should not be alarmed by the sound of sirens and a possible exercise-related temporary lock-down of access control points around the area.

The 502nd ABW will perform Giant Voice speaker mass notification announcements as part of the exercise. There is no cause for alarm and no actions need to be taken by anyone not directly involved with the exercise. The messages will be preceded by the announcement "Exercise, Exercise, Exercise."

## System for burn victims among Army's top inventions

By Mike Feely  
 USAISR

A system developed at the U.S. Army Institute of Surgical Research at Fort Sam Houston that helps restore the right amount of fluids to burn victims was selected recently as one of the Army's 10 Greatest Inventions.

The Burn Resuscitation Decision Support System was one of the winners of the com-

petition run by the U.S. Army Research, Development and Engineering Command for inventions during 2009.

The award will be presented to the USAISR at the 27th Army Science Conference in Orlando, Fla., Nov. 29 by Dr. Marilyn M. Freeman, deputy assistant secretary of the Army for Research and Technology.

Optimal fluid resuscitation of acute burn casualties is one of the cornerstones of initial care

for burn injuries, officials said.

Clinical studies have shown that administration of either too much fluid or too little fluid in burn patients may be associated with less than optimal outcome.

The BRDSS was designed specifically to assist providers who do not care for burn patients routinely. It utilizes an algorithm to generate recom-

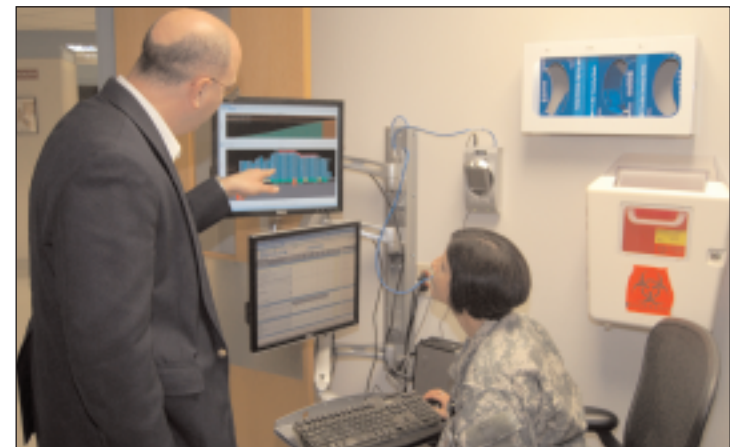


Photo by Mike Feeley

Dr. Jose Salinas and Lt. Col. Maria Serio-Melvin review BRDSS data.

See INVENTIONS P8

**FALL BACKWARD: DAYLIGHT SAVING TIME ENDS NOV. 7, 2 A.M. SET CLOCKS BACK ONE HOUR.**



## Editorial Staff

502nd Air Base Wing Commander  
Brig. Gen. Leonard Patrick

502nd Mission Support Group

Commander  
Col. Mary Garr

Public Affairs Officer  
Vacant

Editor  
L. A. Shively

Associate Editor  
Steve Elliott

Writer/Editor  
Lori Newman

Layout Artist  
Joe Funtanilla

## News Leader office:

1212 Stanley Road  
Building 124, Suite 4  
Fort Sam Houston  
Texas 78234-5004  
210-221-0615/2030  
DSN 471-0615/2030  
Fax: 210-221-1198

## News Leader Advertisements:

Prime Time  
Military Newspapers  
2203 S. Hackberry  
San Antonio, Texas 78210  
Phone: 210-534-8848  
Fax: 210-534-7134

**News Leader e-mail:**  
news.leader@conus.army.mil

**News Leader online:**  
www.samhouston.army.mil/  
PAO

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the 502nd Air Base Wing and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Building 124, Suite 4, Fort Sam Houston, Texas 78234-5004; 210-221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the Director of Public Affairs. The News Leader is published by Prime Time, Inc., Military Newspapers, 2203 S. Hackberry, San Antonio, Texas 78210; 210-534-8848, a private firm in no way connected with the U.S. government, under exclusive written contract with the 502nd Air Base Wing and Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Air Force. Stories and photos for publication consideration may be e-mailed to news.leader@conus.army.mil by close of business Friday.

# Fort Sam Houston welcomes new 502nd Mission Support Group command sergeant major

By L.A. Shively  
FSH Public Affairs

Prior to arriving at Fort Sam Houston and the 502nd Mission Support Group, Command Sgt. Maj. Donald Freeman served as the 61st Ordnance Brigade Command Sergeant Major at Aberdeen Proving Ground, Md.

He said he is excited to be on an historic Army post and looks forward to the challenges and benefits of a joint environment.

"I see Fort Sam Houston and Joint Base San Antonio evolving into the premier place to serve in our military," Freeman said. "San Antonio supports our military better than any other community in which I've lived."

**Since enlisting in 1985, Freeman moved through the ranks from squad leader to brigade command sergeant major. His assignments included the Third Infantry Division, Second Armored Division, First Cavalry Division, and the Tenth Mountain Division.**

Overseas deployments and assignments included Germany, Africa, Kuwait, Bosnia; and combat tours in Afghanistan and Iraq, where joint environments are standard operating procedure.

"Perhaps the most striking thing about working in a joint environment is the realization that all the services share a common bond that cannot be broken," Freeman said. "The professional-



Freeman

ism and dedication of our Soldiers, Sailors, Airmen, and Marines are legendary and inspiring."

Freeman earned the Bronze Star Medal, five Meritorious Service Medals, and the Combat Action Badge. He has been a member of the

Sergeant Audie Murphy and Sergeant Morales Clubs since 1990. His military education includes the Battle Staff Course and the Master Fitness Trainer Course and he is a graduate of class 54 of the United States Army Sergeants Major Academy.

His experience as a former advanced individual training brigade command sergeant major has prepared him well for his role with the 502nd MSG Freeman said, adding that his focus is on service members, civilians and Families.

"For all those who live and work on Fort Sam Houston, I am your ser-

geant and I want you to bring me your concerns, complaints, desires and needs. I have your interests at heart and commit to you my energy, heart,

and soul in providing you and your Families with the best place possible to work, live and thrive."

## Weekly Weather Watch

	Nov. 4	Nov. 5	Nov. 6	Nov. 7	Nov. 8	Nov. 9
San Antonio	74° Clear	74° Clear	76° Clear	77° Partly Cloudy	79° Partly Cloudy	81° Partly Cloudy
Kabul Afghanistan	73° Scattered Clouds	68° Clear	64° Clear	68° Clear	69° Clear	71° Clear
Baghdad Iraq	80° Clear	78° Clear	78° Clear	78° Clear	80° Clear	82° Clear

(Source: Weather Underground at www.wunderground.com)



## News Briefs

### Cell phone, text messaging prohibited while driving on post

Using a cell phone while driving on Fort Sam Houston or Camp Bullis is prohibited and violators are currently being issued citations. The citation is not a "pay a fine" citation. Violators will be assessed four points per citation. Accumulating 12 traffic points within 12 consecutive months results in suspension or revocation of driving privileges.

### Flu Vaccine Available

Military members, DoD civilians and TRICARE beneficiaries can receive the flu vaccine at Army Community Service, Building 2797 on the following dates: Nov. 5, 10, 12, 15, 18, 23, 24 and 29 from 7:30 a.m.-4 p.m. for adults 18 years or older; and Nov. 17 and 30 from 7:30 a.m.-4 p.m. for adults and children 5 years or older.

### IT Fee Schedule Change

The Fort Sam Houston Network Enterprise Center Fiscal Year 2011 IT Fee Schedule has changed. The changes reflect the current mandate by the Network Command to use standardized cost models across CONUS Army Installations. The revised fee schedule can be viewed by accessing the NEC website at: <http://www.samhouston.army.mil/nec/policies.aspx>. Call 221-4565.

### Open Season Health Benefits Fair

The Civilian Personnel Advisory Center will conduct an open season health benefits fair Nov. 5, 8 a.m.-1 p.m. at Brooke Army Medical Center medical mall. Call 221-2934 or 221-2526 for further details.

### Retiree Appreciation Day

The Fort Sam Houston Retiree Council and Fort Sam Houston Transition Services will sponsor Retiree Appreciation Day, Nov. 6, 8 a.m.-noon at Willis Hall, Building 2841 on Stanley Road. Retired military personnel and their spouses are invited to attend. The event includes various health screenings, lectures and services such as vehicle registration, I.D. cards, flu shots, legal services and Defense Biometric Identification System registration. Call 221-9004.

See NEWS P4

# Spotlighting success: Overcoming barriers, disabilities

By Steve Elliott  
FSH Public Affairs

During National Disability Employment Awareness Month each October, the Department of Labor and other federal agencies put a spotlight on the issues job-seekers with disabilities face, and how they can be overcome.

At Fort Sam Houston, a luncheon was held at the Dodd Field Chapel Oct. 28 and a pair of speakers gave very different perspectives on living and coping with disabilities.

The first speaker was local philanthropist Gordon Hartman, whose foundation has donated millions of dollars towards supporting programs, projects and collaborative efforts of Bexar County organizations that serve individuals with cognitive and physical disabilities, with a particular focus on serving children's needs.

Hartman, a San Antonio native, began a successful homebuilding business in 1983, building homes for low- to moderate-income families. Over the next 22 years, it became the largest locally owned homebuilding and land management enterprise in San Antonio. In 2005, he sold it to create the Gordon Hartman Family Foundation.

The decision Hartman and his wife, Maggie, made to give their time and resources to this specific cause was inspired by their daughter, Morgan, who copes daily with cognitive and physical challenges. The Hartmans put up \$10 million to start the foundation's initial funding.

"We were blessed to be able to provide for Morgan's needs in ways that many families could not," Hartman said. "When I sold the business, I was looking

for the right thing to do. After spending time with Morgan, who wakes up every day with a smile on her face and a great attitude, I decided to dedicate the second half of my life to helping those with special needs."

Hartman told the story of going to a local pool with Morgan, where she saw some other children playing and wanted to join them.

After the other kids left before she could play, Hartman wondered how he could make it where kids with special needs could interact and have fun.

In January 2007, seeing the need for an accessible outdoor park tailored for those with special needs, he raised \$15 million to create what would become Morgan's Wonderland.

"I got people to think outside the box on how to design it," Hartman said. "I didn't want professional theme park designers who would build it their way. We went and asked those with special needs what they would like to have in a park."

On April 10, that vision came to fruition as the ultra-accessible park opened its doors. In the first six months, more than 70,000 people from 46 states and 10 foreign countries have enjoyed the 25-acre park located at the intersection of Thousand Oaks and Wurzbach Parkway.

"The park has no barriers," Hartman stressed. "No matter what disability a person has, they can go on any ride as many times as they want. We've also been working a lot with wounded warriors and their Families to make sure Morgan's



The Alamo Angels Accordion Orchestra, a group of people with special challenges, entertains the guests at the Joint Base San Antonio National Disability Employment Awareness Month luncheon at the Dodd Field Chapel Oct. 28.



Photos by Steve Elliott

Gordon Hartman talks about his family's foundation and the creation of Morgan's Wonderland.

Wonderland is a place where they would feel comfortable and safe."

Hartman wrapped up his talk by relating the story of a disabled girl and her mother that he had overheard talking as they left the park. "The little girl turned to her mother and asked her 'Mommy, we were just in heaven?'"

Next up was Warrant Officer Tawan Williamson, a Soldier

who enlisted in 1995 and lost the lower part of both legs in 2006 as the result of a roadside bomb while he was on patrol in Iraq.

"It took a lot for me to move forward after my injury," the Chicago native said. "I couldn't lay down and let things happen to me. I knew I couldn't give up. I have four kids and a wife who need me."

One of the first five Soldiers to be allowed to remain in the Army after his amputations, he also helped cut the ribbon at the Center for the Intrepid at Fort Sam Houston.

Williamson decided to move his career forward and entered warrant officer school. In July 2010, he became a military personnel technician. He also tells his story to other wounded warriors, encouraging them to stay in and progress their careers if they can.

"It wasn't my disabilities that got me through Warrant Officer Candidate School, it was my abilities," Williamson said. "A lot of wounded warriors elect not to stay in. I felt I had a purpose for remaining in the Army and part of that was telling my story."

**NEWS from P3****Environmental/Occupational Health Fair**

An Environmental/Occupational Health Fair will be presented by the 6A-F5/Principles of Military Preventive Medicine Students Nov. 8, 9 a.m.-1 p.m. at the Army Medical Department Center & School. The event is titled "Awareness Today for a Healthy Tomorrow" and will take place at the North Atrium of Willis Hall. Vendors/topics presented include information on HIV/sexually transmitted diseases, smoking cessation, diabetes, hearing conservation, optical and more.

**LMH Town Hall Meets**

Lincoln Military Housing will host a quarterly town hall meeting for housing residents Nov. 8 at the Main Resident Center, Building 407; Nov. 15 at the Harris Heights Community Center; and Nov. 17 at Watkins Terrace Community Center. All meetings will be 6-8 p.m. The theme this quarter is holiday safety and upcoming FSH holiday events. Pizza and drinks will be provided, and Sparky, the fire dog and McGruff, the crime dog, will be on-hand. Call 270-7638.

**10th annual FSH Pow-Wow**

The Powwow is 10:30 a.m.-4 p.m. Nov. 13 at the Fort Sam Houston Quadrangle. In case of inclement weather, the location will be the Central Post Gym. Call 221-9543.

**American Indian Heritage Month**

Lt. Gen. Guy Swan III, commanding general, U.S. Army North and Command Sgt. Maj. David Wood will host an American Indian Heritage Month celebration Nov. 19, 11:30 a.m.-1 p.m. at the FSH Quadrangle. In case of inclement weather, the location will be the Central Post Gym. Call 221-9543.

**American Education Week Nov. 15-19**

This year's theme is "Service Beyond Expectations; Leading Through Education." To commemorate the event, the Fort Sam Houston Education Center will host two events: Nov. 15, noon-4 p.m. at Army Community Service, Building 2797 and Nov. 18, 9 a.m.-4 p.m. in the Brooke Army Medical Center medical mall. These events will give all active-duty service members, retired military, DOD civilians and contractors the opportunity to learn about area colleges, online programs, financial aid, GI Bill benefits, professional degree completion programs and more. Call 221-1738.

# The 30th Annual Combat Medic Run

Nearly 1,000 Soldiers and civilians braved an early-morning chill Oct. 30 on MacArthur Parade Field to participate in this year's Combat Medic Run. Race categories included a 5K, 28-Soldier formation, 5K individual run, 10K individual run, 10K 5-person guidon team and a 2-mile fun run/walk.



Several Soldiers huddle together to warm up prior to the race.



Photos by Tiffany Boulez

Soldiers from Company E, 232nd Medical Battalion ran with their mascot, Nigel. Company E took second place in the 5K, 28-Soldier formation category.

## DoD asks service members to launch smoke-free maneuver

The Department of Defense encourages its military personnel to join troops around the globe by taking a 24-hour break from smoking Nov. 18.

"Every day, our military men and women train hard so they are well prepared when duty calls. Now we are urging them to prepare for another important mission, the Great American Smokeout, also known as GASO," said U.S. Public Health Service Cmdr. Aileen Buckler, M.D., chairman of the DoD Alcohol and Tobacco Advisory Committee.

GASO is the American Cancer Society's nationally recognized day that urges smokers to take the first steps to quitting for a lifetime.

"It's the perfect opportunity to help smokers begin the

process of quitting, and work towards becoming tobacco free, once and for all," Buckler remarked.

Military members wanting to participate in GASO can find support through DoD's tobacco cessation campaign website (<http://www.ucanquit2.org>), as well as through several TRICARE resources.

The website has tools and support to assist those who wish to quit smoking and help is only a phone call away. All non-Medicare eligible beneficiaries can receive assistance with smoking cessation through TRICARE's toll-free Smoking Quitline. Toll-free telephone lines are available in each TRICARE region offering support, 24 hours per day, seven days per week, 365 days

per year.

In addition to TRICARE Quitlines, brochures and counseling, the website includes a special GASO section featuring an online pledge for service members to publicly announce their intent to stop smoking for the day.

Health professionals can get ideas for this year's GASO event and then register the event to publicize it locally and across the country. Individuals can publicly pledge or send e-cards of their intentions to quit



Courtesy photo

Make sure he likes what he sees when he looks up.

smoking for the day.

Family and friends can also send e-cards of encouragement to those trying to quit. Free



# Dermatology clinic NCOIC recognized

By Susan A. Merkner  
SAMBIO

Brooke Army Medical Center's Command Sgt. Maj. Donna Simmons presented her coin to Sgt. Marrella West Oct. 21 for outstanding performance as the BAMC Dermatology Clinic noncommissioned officer in charge.

West received recognition for coordinating re-establishment of a fully operational dermatology clinic at BAMC while also managing daily operations of the Wilford Hall Medical Center dermatology clinic.

"(Sgt. West) is one of the most outstanding NCOs in the Army today

and the best NCOIC we have ever had in dermatology," said Air Force Maj. (Dr.) Jeffery Henning, a dermatologist at the clinic.

"She is an excellent mentor and role model for the Soldiers appointed under her and for the officers she works with. She is the Army values; exem-

plifying loyalty, duty, respect, selfless service, honor and integrity. She is an excellent NCO, and her outstanding performance reflects great credit upon her, the military medical community in San Antonio and the U.S. Army."

The Dermatology Clinic at BAMC is located in Medical Building No. 13, and is open 7:30 a.m. to 4:30 p.m. Monday through Friday, excluding holidays. To book an appointment, contact the BAMC appointment line at 916-9900.



Photo by Kari Thresher

Command Sgt. Maj. Donna Simmons (left) presents a coin to Sgt. Marrella West.

## BAMC WINS COMMANDER'S CUP



Photo by Dimice Perry

Col. Mary Garr, 502nd Mission Support Group commander, presents the garrison level Commander's Cup trophy to Col. Noel Cardenas and Sgt. Maj. Jesus Perez, Brooke Army Medical Center, Oct. 30 during a ceremony after the Combat Medic Run at the MacArthur Parade Field. The Commander's Cup helps build partnerships and relationships across the units attached to Fort Sam Houston. Throughout the year units compete in the Garrison Sports Program in which points are awarded for each sport entered and placed during league and tournament play. Points are also given for attending the Athletics & Recreation Council Meeting. At the end of the year the unit with the highest point total is awarded the Commander's Cup. Sports include Fall Flag Football, Spring Softball, Volleyball, Golf, Soccer, Bowling, and Basketball. There are 2 different categories that make up the Commander's Cup: garrison level and brigade level.

# Army fields flame-resistant uniforms

By Kris Osborn  
ARNEWS

The Army has begun to deploy special, high-tech flame-resistant uniforms engineered to safeguard Soldiers in aircraft and armored vehicles who could be exposed to fire and flames during an attack, service officials said Oct. 28.

Called Fire Resistant Environmental Ensemble, or FREE, the uniforms are manufactured with specially-knit flame-resistant fabrics designed to provide lightweight protection and safeguard Soldiers from flames, wind and extreme temperatures.

"FREE is a cold- and wet-weather clothing system developed for our

aviators and armored-vehicle crewmen who have a very high requirement for flame-resistant uniforms.

"In addition to providing all-weather capability in terms of keeping our Soldiers warm and comfortable and able to operate in any environment, it has very high levels of flame protection," said Col. William Cole, project manager for Soldier Protection and Individual Equipment, the office which buys body armor and uniforms for the Army.

"If Soldiers are in a flash fire in an armored vehicle or aircraft, they are protected. They won't be burned," Cole said.

The first uniforms, designed in the standard



Photo courtesy PEO Soldier

Soldiers wearing the new Fire Resistant Environmental Ensemble, or FREE uniform, examine the turret of an M1 Abrams tank.

Universal Camouflage Pattern, were deployed a few months ago, Cole said.

In the next few months, aviators slated to

deploy to Afghanistan will be issued MultiCam FREE uniforms, he added.

"We are very happy to be fielding this," Cole said.

## TOBACCO from P4

GASO materials are available for health professionals and other installation leaders to order or download to help promote events.

"Using the resources on this very comprehensive website is a great way to prepare for GASO and help ensure a successful smoke-free operation," Buckler added.

The website features Train2Quit, an online support system that uses interactive components such as quit tools, self-assessment questionnaires, quizzes and other activities. Service members can create a customizable quit plan with a calendar to track progress and learn how to beat cravings, overcome weight gain and cope with the effects of nicotine withdrawal.

A savings calculator provides motivation by showing how much extra cash is saved and accumulated over time. Personal quit coaches, available seven days a week, 24 hours a day, answer questions about quitting smoking and how to stay tobacco-free.

Also available through the website are fun games like Texas Hold 'Em and blogs for peer support, as well as social networking links to Twitter, Facebook and YouTube.

Users can sign up to receive quit tips via text messages or personal widget downloads. The site provides medication information, news articles, podcasts, RSS feeds, special monthly features and much more.

(Source: DoD)

6 X 9.75

# USAISR Burn Center facilitates first burn seminar in Moldova

A seminar in Chisinau, Republic of Moldova, by the U.S. Army Institute of Surgical Research Burn Center at Brooke Army Medical Center Aug. 24-26 identified similarities and differences managing burn patients in that country and in the U.S.

"The Moldova Burn Seminar provided a unique opportunity to exchange concepts on the clinical management of burned patients while fostering new professional relationships with Eastern European counterparts," said Col. Evan Renz, director of the Clinical Division.

A multidisciplinary approach topped the similarities discussion list.

"To provide optimal burn wound care, burn surgeons, medical intensivists, burn nurses, and physiotherapists must coordinate their individual patient care efforts toward one common goal, closing the wound as soon as possible" said Dr. Octavian Cirimpei, medical director of the Adult



Photo by Maj. Mario Rivera

Dr. Evan Renz (left) confers with burn surgeons at the Republican Trauma and Orthopedic Hospital in Chisinau, Moldova.

Thermal Trauma Section at the Republican Trauma and Orthopedic Hospital in Chisinau.

Renz, Maj. Mario Rivera, a critical care nurse and former chief flight nurse for Special Medical Augmentation Response Team-Burn or SMART-B, and Maj. Mark Lester, chief of the Rehabilitation Department presented topics such as fluid resuscitation and principles of burn wound management.

Differences included using specialized medical personnel and equipment such as the SMART-B allowing rapid air evacua-

tion and surgical management of critically burned casualties in the U.S., while Moldova's socio-economical circumstances will not permit the initial mobilization of severely burned patients. These patients must be stabilized for several days in smaller medical treatment facilities prior to transport.

Although differences in clinical practices were acknowledged, a strong foundation for future collaborations through the United States European Command was established.

(Source: USAISR)

## INVENTIONS from P1

mendations for IV fluid rates to improve fluid balance during the initial 48 hours after the burn and aims to avoid complications associated with inadequate or excessive resuscitation strategies.

The BRDSS resulted from the collaborative efforts of clinical research teams at the USAISR and the University of Texas Medical Branch at Galveston, Texas.

"Being named one of the Army's ten greatest inventions for 2009 is a great honor," said Dr. Jose Salinas, task area manager for Combat Critical Care Engineering at the USAISR.

"It recognizes the hard work and dedication of both the clinical and research staff at the USAISR and UTMB to use cutting-edge technology to provide the best possible care for burn patients."

Preliminary analysis of the BRDSS performance over the last two years in the burn centers at the USAISR and UTMB suggests that it has improved burn resuscitation management by

reducing the volume of fluids given to patients with large burns while maintaining clinical goals and improving patient outcomes.

"Decision support systems such as this one have the potential to change critical care medicine, not just for burns, but for many other types of injuries and diseases by providing real time bedside augmentation of medical expertise" said Dr. George Kramer, director of the Resuscitation Laboratory, Department of Anesthesiology, UTMB.

Based on its successful use in the USAISR, the U.S. Army Decision Gate Office has put the system into an accelerated acquisition track designed to develop a mobile version of the system that can be used by DoD providers deployed in support of overseas operations, officials said. They said this accelerated acquisition approach will allow DoD to field mobile burn resuscitation units to combat support hospitals in the field and across the different echelons of care.

"Ideally, this system

will be used on patients with large burns as soon as they arrive in a field hospital and will remain with the patient as he or she is globally evacuated from the initial treatment facility to the USAISR Burn Center," said Dr. Kevin Chung, medical director of the burn intensive care unit at the USAISR.

"Decision support systems and automation technology are critical to improving medicine. We hope this is just one of many future products that will help to improve the care of our critically injured Soldiers, Sailors, Airmen, and Marines," Salinas said.

The U.S. Army Institute of Surgical Research is collocated with Brooke Army Medical Center in San Antonio, Texas. It is dedicated to both laboratory and clinical trauma research. Its mission is to provide combat-casualty-care medical solutions and products for injured Soldiers.

For more information about USAISR, visit <http://www.usaISR.amedd.army.mil>.



6 X 9.75

3 X 4.75

## HONORABLE SERVICE



**Photo by Ed Dixon**

Col. Louis Vogler, U.S. Army North; Command Sgt. Maj. Michael Spridgen, U.S. Army Medical Command; Master Sgt. Joseph Mandell, Headquarters and Headquarters Company, Brooke Army Medical Center; and Tony Logan, U.S. Army Medical Command participate in a consolidated retirement ceremony Oct. 28 at the Fort Sam Houston Quadrangle.

3 X 4.75

3 X 4.75

6 X 9.75



# Horseback riding program now provides certified therapy for wounded warriors

By Dimice Perry  
FMWR Marketing

A child with a severe cognitive disability suddenly giggles sitting atop a horse. A teen smiles broadly discovering he can control a 900-pound animal, though his legs were amputated. A spouse whose husband is deployed enjoys the backwoods trails on horseback.

Riding horses has been used as a viable supplement to traditional therapy for physical disabilities, mental and behavioral challenges, including anxiety, post-traumatic stress disorder, depression and substance abuse for years according to the U.S. Department of Veterans Affairs.

"Horseback riding is an activity that distracts the mind from the stress that these patients deal with on a regular basis," said Heather Miller, a recreational therapist at Brooke Army Medical Center.

"It gets them out of the clinical setting and into nature, but it also requires them to focus their mind and energy solely on one thing."

Though using horses to help treat a variety of physical and psychological issues has been a part of therapy programs outside the military, the Army only officially recognized equine therapy as beneficial recently, offering wounded warriors an opportunity to participate in the North American Riding for the Handicapped Association, Inc.'s "Horses for Heroes" program at Fort Sam Houston; and certifying four therapeutic riding instructors.

Cindy Tripoli, Beth Mann, Connie Blocker and Annie Blakely were certified as therapeutic riding instructors, Oct. 23 after a year-long process that included 24 hours of hands-on mentoring.

The four Equestrian Center employees are the first certified instructors for equine therapy on a military installation.

The equestrian center has been providing recreational riding for Exceptional Family Member Program Families and wounded warriors since 2006. However, there were times they would have to turn away riders due to safety concerns. Certification pro-

vides instructors with expertise in safety procedures for riders with the severest challenges seeking therapy.

"We have seen the benefits of recreational riding for wounded warriors, Family members and patrons enrolled in the EFMP," Tripoli said.

"With our certification, we can now do more to safely provide therapeutic riding and facilitate a higher quality of life for persons with a broad range of disabilities."

Part of equine therapy is getting the rider and the horse familiar with each other as well as teaching the rider how to care for the horses. Riders are encouraged to do the majority of the work with supervision including brushing, cleaning hooves and saddling so that horses and riders interact before riding.

Therapy riders are not expected to have experience with horses and many have never been on or near a horse.

"As they learn to become comfortable with their horse, they learn how to relax. These are lessons that they can take back to the clinic," Miller said.

With the establishment of the Fort Sam Houston equine therapy program, the instructors are looking to expand. Tripoli, Mann, Blocker and Blakely are also trained as NARHA mentors, which qualifies them to provide training to other installations.

"There is such a need across the country and we would like to reach out to help other installations develop their own programs and become certified," Mann said, as she prepared for the arrival of a group of wounded warriors for an equine therapy session.

"Our goals are to continue our training and [that the Fort Sam Houston Equine Center's therapy program] be a leader for other military centers by becoming a Premier Accredited Center."

"As the program grows, we are going to need a lot more volunteers," Tripoli said. "Volunteers are always appreciated and we need them to help [walk along with] or lead the horses."

For information about the program, click on the NARHA website at <http://www.narha.org>. To volunteer, call 224-7207.

"Horseback riding is an activity that distracts the mind from the stress that these patients deal with on a regular basis."

— Heather Miller,  
a recreational therapist at Brooke Army Medical Center



Beth Mann (left), one of the newly certified therapeutic riding instructors at the Fort Sam Houston Equestrian Center, instructs first-time rider Sean Kay how to prepare Rocky's saddle prior to a ride.



Annie Blakely (right), instructs Javier Riverarivera on how to clean Denny's hooves before a ride.



Wounded warrior Damian Davis prepares Cobar for a ride at the Fort Sam Houston Equestrian Center.



Annie Blakely (right), one of the newly certified therapeutic riding instructors at the Fort Sam Houston Equestrian Center, walks first-time rider Michael Taylor, astride Gracie, around the grounds.



Photos by Dimice Perry

Javier Riverarivera walks Denny around the grounds of the Fort Sam Houston Equestrian Center. Riverarivera has been riding Denny for therapy for about two months, but was introduced to the horse in spring 2009 when he took part in an evening trail ride for the burn patients



# Golden Knights, Thunderbirds highlight Lackland AirFest

By Shannon Carabajal  
502nd ABW Public Affairs

The gravity-breaking Army parachute-jumping Golden Knights team and the Tora! Tora! Tora! re-enactment of the Japanese attack on Pearl Harbor, along with the one-of-a-kind U.S. Air Force Thunderbirds, headline the Lackland AirFest 2010 Nov. 6 and 7 at the Kelly Field Annex flight line.

"We have a great show planned and I hope everybody gets an oppor-

tunity to come see the awesome history of airpower we're featuring either overhead or displayed on the ground," said Air Force Lt. Col. Robert Montes, AirFest director.

Other aerial demonstrations include performances by the F-22 Raptor, the Navy's F/A-18 Hornet, as well as the F-16 Fighting Falcon.

On the ground, multiple static displays will give visitors a close-up look at today's U.S. military airpower. Vintage

aircraft on the flight line will include a B-25 Mitchell, the Republic P-47 Thunderbolt, and the F4U-5 Corsair.

AirFest is a family event where parents can enjoy the beauty of airpower and children can climb a rock wall, play video games, bounce in air-filled castles and be entertained by Radio Disney.

Aerial demonstrations begin at approximately 10:30 a.m. each day when members of the Air Force Combat Control

Team open the show by jumping in with the U.S. flag.

Primary parking for AirFest 2010 is at Nelson Wolff Municipal Stadium, located off Highway 90, Callaghan Road exit. The Air Force will provide daylong free shuttle service from the stadium and designated areas at Lackland transporting visitors to the main entrance to Kelly Field, located at the intersection of Billy Mitchell Boulevard and Frank Luke Drive at Port San



Courtesy photo

Antonio.

People parking at Lackland must have a Department of Defense ID card and are asked to exit Military Drive and follow the signs.

The event is free and open to the general public. Gates are open both days from 9 a.m. to 5 p.m. For more information, visit <http://www.lackland.af.mil/airshow>.

## FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES NOV. 8-13

### Fort Sam Houston Elementary School

#### Nov. 9

Student Council meeting, 3-4:30 p.m.

#### Nov. 11

School holiday – Veterans Day

#### Nov. 12

Student holiday – staff development day

### Robert G. Cole Middle and High School

#### Nov. 8

Cole Cougar Pride Club meeting, 5:30 p.m.

#### Nov. 9

JV/V Girls Basketball vs. Dilley at Cole, 5:30 and 7 p.m.

#### Nov. 10

Middle School “Take a Vet to School” program in Cole Gym, 9-9:40 a.m.

#### Nov. 11

School holiday – Veterans Day

#### Nov. 12

Student holiday – staff development day

#### Nov. 13

Cross Country State meet at Round Rock, Texas, TBA  
JV/V Girls Basketball at St. Anthony, noon and 1:30 p.m.

## CDC FAMILY FUN DAY



A bumblebee and a ladybug are spotted Oct. 29 on the large playground of the Fort Sam Houston Child Development Center. Malachi Hughes and his sister, Milana, enjoy snow cones and popcorn while listening to kid-friendly music at CDC's Family Fun Day.

**Photo by Laura Ruiz**

## COLE HONORS STUDENTS OF THE MONTH



**Courtesy photo**

Each month Cole Middle and High School recognizes one student from each grade level for his/her outstanding attitude, citizenship, and overall contribution to the school. The students are nominated by their teachers and then one student is selected by the faculty of each grade level. The recipients for October are (back row, from left) Imani Trice-Gayden 11th grade; Tyler Hallstrom, 12th grade; Bianca Eubanks, ninth grade; and Hannah Lee 10th grade; (front row, from left) Christopher Welch, sixth grade; Amber Arnold, eighth grade; and Matt Arnold, seventh grade.





## Announcements

### Fort Sam Houston Boxing Team

The Jimmy Brought Fitness Center is looking for patrons to build a competitive boxing team for Fort Sam Houston and Brooke Army Medical Center. No experience is necessary; however a competitive attitude is needed. Males and females are encouraged to participate. Call 614-6345 for more information.

### Heroes' Tree Celebration

The Keith A. Campbell Memorial Library is hosting a Heroes' Tree Celebration through Nov. 16 to recognize the significance of the selfless service of all service members.

Participants may place an ornament on the tree or bring a photo with a brief story on their hero. Photos cannot be larger than 3 x 3 inches. Call 221-4387.

### Single Soldiers Survey

The Better Opportunities for Single Soldiers program would like to know your thoughts on how to improve your quality of life, give back to the community and provide the best recreation and leisure activities. Log onto <http://www.boss.armymwr.com> and share your thoughts. Survey closes Nov. 30.

### Microsoft Office

- Nov. 4 – Access Level 2
- Nov. 9 – Excel Level 2
- Nov. 10 – PowerPoint Level 1
- Nov. 11 – Veteran's Day, no class
- Nov. 16 – Excel Level 3
- Nov. 17 – PowerPoint Level 2
- Nov. 18 – Word Level 1
- Nov. 23 – Introduction to Computers
- Nov. 30 – Word Level 2

Classes are held 8 a.m.-noon at Army Community Service, Building 2797. Registration is required. Call 221-2518/2705.

### Kids on Site

Child, Youth & School Services has made it easier for parents to squeeze in a workout by offering on-site child care, known as Kids On Site Monday-Friday, 5 a.m.-2 p.m. and 3:30-8:30 p.m. at the Jimmy Brought Fitness Center. To participate in the program, children must be 6 weeks to 12 years old and registered with CY&SS Services. Call 221-4871, for more information.

### Survivor Outreach Services

SOS ensures surviving Family members are connected with local support services that include, but are not limited to, grief counseling, support groups and social events. The SOS staff will assist survivors with understanding and applying for benefits; investing, estate planning; long term life skills education and support. Call 221-1841.

### Army Kids Study Strong

Army is offering free resources and tutoring for children of active, wounded, reserve component, National Guard and Army civilians. Visit <http://www.tutor.com> for real-time 24/7 help in math, English, science, history, book reports, SAT, ACT and more.

### Off-Post After School Pick-Up Service

School Age Services, in conjunc-

tion with the Army Family Covenant, now offers off post, after-school pick-up services from the following schools: Royal Ridge, Wilshire Elementary, St. Pius X and East Terrell Hills Elementary. Children must be registered with Child, Youth & School Services for the After-School Program. Fees are assessed according to a Total Family Income category. To register, call 221-4871/4466.

### "Legends of the Golden Oldies"

Every Thursday, Friday and Saturday now through Nov. 6 at Harlequin Dinner Theater. Dinner is served at 6:15 p.m. with an 8 p.m. curtain. Tickets are \$/civilians, \$30/military, \$26/students and \$16.50/children 12 and under. Call 222-9694.

## Calendar of Events

### Nov. 4 Immigration Services

Immigration Services are available noon-2 p.m. at ACS, Building 2797. Call 221-1861/2705.

### Mandatory Initial First Term Financial Readiness

The class is 10 a.m.-noon at ACS, Building 2797 in the computer lab. Call 221-1612.

### EFMP and Legal Issues

Legal Issues and Steps to Care for Your Exceptional Family Member's Future, 1:30-3:30 p.m. To register, call 221-0285/2418.

### Nov. 5 Post-Deployment Planning

The training is 9-10:30 a.m. at ACS, Building 2797. To register, call 221-1829/2705.

### Getting Ready for Baby

The class is 1 to 4 p.m. at ACS, Building 2797. To register, call 221-0349/0326.

### NOV. 6 Post-wide Yard Sale and Flea Market

The sale is 7 a.m.-1 p.m. Yard sale participants will sell from their homes, Flea Market participants will sell at the Command Pavilion. To register, call 221-5224.

### Hearts Apart

The support group for geographically separated spouses meets 1-3 p.m. at ACS, Building 2797. To register, call 221-2418.

### Nov. 8 Post-Deployment Planning

The training is 9-10:30 a.m. at ACS, Building 2797. To register, call 221-1829/2705.

### Debt Liquidation

The class is 2-4 p.m. at ACS, Building 2797. To register, call 221-1612.

### Nov. 9 H.U.G.S. playgroup

The group meets 9-11 a.m. at Dodd Field Chapel, Building 1721 for interactive fun play. Registration is not required. Call 221-0349/2418.

### Women Encouraging Women

The group meets noon-1 p.m. at ACS, Building 2797, topic is "How to be Scream Free in Your Relationships."

### Savings and Investing

The class is 2-4 p.m. at ACS, Building 2797. To register, call 221-1612.

### Nov. 10 Mandatory Initial First Term Financial Readiness

Class begins at noon at the Education Center, Building 2248. To register, call 221-1612.

### EFMP Support Group

The group meets Wednesdays 6-7:30 p.m. at School Age Service, Building 1705, Dodd Blvd. Registration is required, call 221-2604.



### AUSA Luncheon

The Association of the United States Army Alamo Chapter will host a luncheon Nov. 5, 11:30 a.m. at the Sam Houston Club. The guest speaker is Nelson M. Ford, former Undersecretary of the Army. Tickets are \$13. Visit <http://www.alamochapterausa.org>.

### AirFest 2010

AirFest 2010 will be held Nov. 6-7, 9 a.m.-5 p.m. at Lackland Air Force Base. Visit <http://www.lackland.af.mil/airshow/index.asp>.

### U.S. Military Veterans Parade/Wreath Laying

Event includes a drill team competition Nov. 6, 8:15 a.m. at Alamo Plaza; wreath-laying ceremony 10:30 a.m. at the Alamo; parade begins at noon.

### "Salute to Service" Concert

The San Antonio Symphony will host a concert Nov. 7 at 7 p.m. at the Tobin Center for the Performing Arts, formerly Municipal Auditorium. Visit <http://www.sasymphony.org>.

### Veterans Day Ceremony

The Fort Sam Houston National Cemetery will hold a ceremony Nov. 11 at 9:30 a.m. Enjoy a "Musical Salute to the Veterans."

### Bexar County Buffalo Soldiers Commemorative Ceremony

The Bexar County Buffalo Soldiers will hold a ceremony Nov. 11 at 1:30 p.m. at the San Antonio National Cemetery, 517 Paso Hondo Street. Visit <http://www.bexarcountybuffalosoldiers.com>.

## Religious Briefs

### Family Advent Workshop

The workshop is Nov. 28, 3-5 p.m. at Dodd Field Chapel. The annual event highlights hand-crafting activities such as Advent wreaths and seasonal gifts. This year, people will be treated to the Christmas Story and a great session on celebrating Advent as a military Family. This event is sponsored by the 502nd Mission Support Group Chaplain's Office. A suggested donation of \$5 each, or \$20 per family is requested. All Soldiers, their Families, retirees, and DoD civilians are invited. For more information, call 221-3749.



### Main Post Chapel, Building 2200, 221-2754

#### Catholic Services:

4:45 p.m. - Reconciliation - Saturdays  
5:30 p.m. - Mass - Saturdays  
9:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - weekdays

#### Protestant Services - Sundays:

8 a.m. - Collective Protestant  
11 a.m. - Collective Protestant

#### Jewish Services: 379-8666 or 493-6660

8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

### Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

#### Catholic Services:

9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays

12:30 p.m. - Mass - Sundays

#### Protestant Services:

10:30 a.m. - Gospel Protestant - Sundays  
9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided

6:30 to 7:30 p.m. - Protestant Women of

**Web site:** <http://www.samhouston.army.mil/chaplain>

the Chapel meeting - Thursdays, child care is provided

#### Samoan Protestant Service:

8:30 a.m. - Sundays

### Brooke Army Medical Center Chapel, Building 3600, 916-1105

#### Catholic Services:

8:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - Sundays

#### Protestant Services:

10 a.m. - Worship Service - Sundays

### AMEDD Regimental Chapel, Building 1398, 221-4362

#### 32nd Medical Brigade Student services

Catholic Mass: 8 a.m. - Sundays

#### Contemporary Protestant Service:

9:30 a.m. and 11:01 a.m. - Sundays

Muslim Jumma: 1:30 p.m. - Fridays

### Installation Chaplain Office, Building 2530, 221-5007

#### Church of Jesus Christ of Latter Day

Saints: 8:30 a.m. - Sundays

*All events are free and open to the public; except AUSA luncheon, tickets are \$13.*

*For more information, visit <http://www.sachamber.org> or call 229-2163.*

### Thought of the Week

Let us endeavor so to live that when we come to die even the undertaker will be sorry."

— Mark Twain *on Death and Dying*



## Announcements

### Mentoring Opportunities

JBSA School Liaison Offices are in need of responsible, consistent adult role models to serve as mentors for students in local elementary, middle and high schools. Mentors will receive training and support to ensure that they and their mentees have a positive experience. Mentors may participate in a number of activities such as helping with homework, playing games, reading together, playing sports, or just hanging out. Call 221-2256/2214.

### Adopt-A-School/Classroom Program

JBSA School Liaison Offices Adopt-A-School/Classroom Program fosters a better understanding of the community's school system, strengthens and improves school programs and curricula, and creates a sense of personal involvement and interaction between JBSA and our schools. Schools/classrooms can be adopted by a Squadron/Battalion, private organization, office or individual. Call 221-2256/2214.

### Research participants Needed

The Military Performance Lab at the Center for the Intrepid is looking for TRICARE-eligible individuals between 18-45 years old, with no history of musculoskeletal, neurological injury or other condition, which

affects how they walk to participant in a study, "Improving Dynamic Walking Stability in Traumatic Amputees." Study participants movement will be recorded while walking on a movable treadmill in a virtual reality environment. For information, call 916-9194.

### Eisenhower Bank now Broadway Bank

Eisenhower Bank - the Military Division of Broadway Bank - announced that it has changed its name to Broadway Bank. Broadway Bank is proud of its military heritage dating back to 1941, when Army Col. Charles E. Cheever Sr. opened the bank to serve the needs of military members and their families. Broadway Bank will maintain the banking centers located on all San Antonio military installations and at

Killeen/Fort Hood. The Bank offers a full range of financial services and the latest technology to meet the needs of our military customers.

## Calendar of Events

### **NOV. 11**

#### **Free Meal for Military/Veterans**

Applebee's restaurants will offer free meal to military veterans and active-duty military. Proof of service is required.

### **NOV. 12**

#### **Family Flashlight Night**

Bring a flashlight and explore the Botanical Garden from 6-8 p.m. with a guide. Play Bat-and-Moth,

See **COMMUNITY P19**

## REMINDER CALENDAR

- Nov. 5** Warriors Monthly Scramble Golf Tournament, 12:30 p.m., FSH Golf Club
- Nov. 6** Post-wide Yard Sale and Flea Market, 7 a.m.-1 p.m.
- Nov. 6** Retiree Appreciation Day, 8 a.m.-noon, Blesse Auditorium
- Nov. 6** Wreath Laying at 10:30 a.m. at the Alamo and Veterans Parade at noon
- Nov. 6-7** Airfest, Lackland Air Force Base, 9 a.m.-5 p.m.
- Nov. 11** Veterans Day Ceremony, 9:30 a.m., Fort Sam Houston National Cemetery
- Nov. 11** Buffalo Soldiers Commemorative Ceremony, 1:30 p.m., San Antonio National Cemetery
- Nov. 13** 10th Annual Fort Sam Houston Pow-Wow, 10:30 a.m.-4 p.m., FSH Quadrangle
- Nov. 18** Consolidated Monthly Retirement Ceremony, 11 a.m., FSH Quadrangle
- Nov. 19** National American Indian Heritage Month Celebration, 11:30 a.m.-1 p.m., FSH Quadrangle



COMMUNITY from P18

hear star stories, learn about night-blooming plants, nocturnal animals, and more.

NOV. 15  
Warrant Officer Association

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will meet at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd. Call 375-9895 or 666-9818.



**For Sale:** 2003 Ford Ranger Super Cab Edge pick-up, blue, four-door, automatic, AC, power windows and locks, MP3 multi-CD player, sliding rear window, step-side bed, running boards, \$7,000; 1999 BMW 323i, white exterior, beige leather interior, power seats, moon roof, multi-CD player, lots of new parts, \$5,000. Call 373-8469.

**For Sale:** Women's dress/casual, skirt and top set, skirts, slacks, blouse. Size 12 to 14, \$3-\$5. Call 363-5621.

**For Sale:** Dinette set, table with six chairs, corner hutch and large china cabinet, made in Norway with natural wood grain, \$425; rustic five-

Free Meal for  
Military/Veterans

Golden Coral restaurants will offer a free buffet meal to all military veterans and active-duty military 5-9 p.m. No proof is required.

NOV. 16  
Spouses' Club

The Spouses' Club of the Fort Sam Houston Area is having their monthly luncheon at 11 a.m. at the San Antonio Food Bank. Please RSVP by Nov. 10 to patchburton@aol.com.

piece entertainment center with 32-inch JVC HD television, \$400. All items in very good condition. Call 488-3175.

**For Sale:** Two Sprint HTC Hero phones, \$85 each. Call 573-9983.

Rocco Dining Facility Menu

Building 2745, Schofield Road

Dining Room Breakfast Hours:  
Monday-Friday 6:15-8:15 a.m.,  
weekends and holidays 8-9:30 a.m.

Friday – Nov. 5

Lunch – 11 a.m. to 1 p.m.

Barbecued spareribs, baked fish with garlic butter, beef lasagna, fried fish, mashed potatoes, red beans and rice, parley-buttered red potatoes, broccoli, cauliflower parmesan, seasoned collard greens  
**Dinner – 5 to 7 p.m.**

Roasted pork loin, baked chicken, salmon croquettes, barbecued pork loin, broccoli quiche, Aztec red and brown rice, sweet potato fries, black-eyed peas, broccoli, carrots

Saturday – Nov. 6

Lunch – noon to 1:30 p.m.

Chicken stir fry, veal parmesan, lemon baked fish, vegetable quiche, steamed rice, spaghetti noodles, baked potatoes, lima beans, broccoli sweet potatoes, stewed tomatoes  
**Dinner – 5 to 6:30 p.m.**

Barbecued beef cubes, fried chicken, grilled ham steaks, cheese manicotti, baked potatoes, mashed potatoes, lyonnaise rice, corn, vegetable stir-fry, cauliflower

Sunday – Nov. 7

Lunch – noon to 1:30 p.m.

Rice frittata, baked chicken, grilled tuna patties, roast beef, parsley-buttered potatoes, baked potatoes, parsley-buttered egg noodles, broccoli, carrots, green peas

**Dinner – 5 to 6:30 p.m.**

Baked tuna and noodles, meatballs with brown gravy, potato frittata, roast pork loin, mashed potatoes, steamed rice, baked potato halves, Harvard beets, corn, carrots

Monday – Nov. 8

Lunch – 11 a.m. to 1 p.m.

Roast turkey, braised pork chops, chili macaroni, vegetarian chili mac, O'Brien potatoes, brown rice with asparagus, collard greens, corn, cauliflower au gratin  
**Dinner – 5 to 7 p.m.**

Beef lasagna, spaghetti vegetable quiche, fried chicken, Swiss steaks, oven-browned potatoes, brown rice, baked rigatoni and cheese, asparagus, mixed vegetables, fried cabbage

Tuesday – Nov. 9

Lunch – 11 a.m. to 1 p.m.

Lemon baked chicken, baked ham, Italian-style veal steaks, vegetable lasagna, Aztec red and brown rice, scalloped potatoes and onions, spaghetti noodles, carrots, cauliflower, fried okra, broccoli

**Dinner – 5 to 7 p.m.**

Baked fish, cheese enchiladas, stuffed pork chops, Salisbury steaks, au gratin potatoes, rice pilaf, baked potatoes, spinach, yellow squash, Brussels sprouts

Wednesday – Nov. 10

Lunch – 11 a.m. to 1 p.m.

Beef stroganoff, roast pork loin, barbecued pork loin, grilled chicken breasts with onions, cheese ravioli, steamed potatoes, garlic-buttered

potatoes, parsleyed egg noodles, mixed vegetables, cauliflower, green beans

**Dinner – 5 to 7 p.m.**

Baked knockwurst, Swedish meatballs, baked chicken, salmon croquettes, cheese manicotti, brown rice, baked sweet potatoes, Franconia potatoes, sauerkraut, lima beans, stewed okra and tomatoes, mixed vegetables

Thursday- Nov. 11 Veterans Day

Lunch – noon to 1:30 p.m.

Barbecued spareribs, Caribbean jerk chicken breasts, sweet and sour chicken breasts, vegetable quiche, steamed rice, rissole potatoes, peas with mushrooms and onions, fried cabbage, steamed cabbage, corn on the cob

**Dinner – 5 to 7 p.m.**

Baked Cornish hens, broccoli quiche, spaghetti with meatballs, baked fish, steamed rice, au gratin potatoes, green beans, cauliflower combo, mixed vegetables

*Menus are subject to change without notice*